Letter from CSI President Kristina Nelson

I am excited to begin the new semester as president of the Upsilon Chi chapter of Chi Sigma Iota. As CSI moves forward, we will continue to build on the foundation that was created, while integrating innovative ideas from the new executive board and committees. The executive board and committee heads have been working diligently over the summer to plan events and workshops for the coming year. The first of these events was the Mentor/Mentee project, which took place in late August and was a great success. Thank you to all who participated in this wonderful event. Both the new students and the CSI members had a great time.

Our community service committee has been collaborating with New Hope for Kids (NHK), which has developed into a partnership that will offer numerous opportunities for CSI members to volunteer throughout the year. Several CSI members have already become acquainted with our philanthropy through the recent "Silly September" event for NHK. This was a blast for those who attended, and greatly appreciated by all those involved with this great organization. Additionally, we will provide monthly professional development workshops at a low cost, with a goal of providing at least one free workshop for CSI members.

As you can see, CSI has carried the momentum through the summer and a lot of great events planned for the coming year. At this time, I would like to give a shout out to our great executive board and committee heads: You all are so wonderful and I am so proud to be working with each of you. I couldn’t have asked for a better group of people with which to share this experience!

As we look forward to this semester, some of you will be embarking on a new, exciting journey (your graduate degree), while others will be continuing a journey that you’ve started within the past couple of years. This journey can be very difficult at times and it is important to stay connected. CSI provides opportunities to network with others, obtain additional training, and to develop leadership and advocacy skills that are required of Professional Counselors. Moreover, CSI is also a support system where students can share information, learn from each other, and develop friendships. I hope that you take advantage of this opportunity as you move through your journey.

Remember that you don’t have to be a member to attend CSI events, although there are many benefits to being a member. I would like to personally invite all students, especially those who are just beginning the program to get involved in CSI. We are still looking for students who would like to help out on committees. In addition, we truly enjoy seeing everyone at the socials, fundraising, and new member events. If you have any questions or are looking to get involved, feel free to send me an email at kmnelson@knights.ucf.edu.

Sincerely,
Kristina M. Nelson
President, Upsilon Chi Chapter of Chi Sigma Iota
Leigh de Armas is a doctoral student in the Counselor Education Program at the University of Central Florida. She earned a B.S. in Creative Writing and Journalism at the University of Miami, and an M.A. in Mental Health Counseling with a certificate in Marriage and Family Therapy from Rollins College. She has experience presenting at conferences on couples sexuality, multicultural considerations in group counseling, and dealing with issues that multi-heritage individuals face.

What are your research interests?

My interest is in trauma. One of the disciplines I am trained in is called Eye Movement Desensitization Reprocessing, commonly known as EMDR. EMDR is very interesting to me, and that’s how I got involved in working with individuals who are dealing with trauma. I hope to work with a local child abuse agency for my dissertation and to research issues surrounding child abuse treatment and prevention.

What is your theoretical orientation?

There are several layers to my theoretical orientation. My foundation is rooted in existentialism. I believe that human beings are “meaning-making” creatures, and when there’s a lack of meaning they have a tendency to “fall into despair.” Also, being on the Marriage and Family track, I subscribe to systems theory. I believe that individual issues are also family issues. We are influenced by the systems around us. My training has me in the realm of EMDR, which is very similar to cognitive behavioral therapy—tracking irrational thoughts and retraining your mind to think differently. So it’s a mixture of all those things. Some people would say I am eclectic.

Do you have any advice for Master’s level students?

I believe that people become counselors because they want to make a difference in the world. If your heart is really in this, never give up—no matter what obstacles you face in the program. Also, use your support network of counseling peers. I find that other counselors are top-notch people, and they care, so reach out to them for support. After you graduate, hold on to your friends in the counseling program because they are going to understand the stress of your reality at work better than anyone can.

Is there something you do to consistently keep up your own wellness?

Using my support group of peers is very important. They listen and I can vent to them. Exercising, even though I dislike it when I am busy, psychologically helps me deal with stress, so it is essential. For me, my faith and spirituality is the foundation of my life and wellness, and when I am detached from that, I’m not well.

What wisdom can you share about conferences with students who are interested in them? What do you wish you had known before you got involved with conferences?

Conferences are a great opportunity to learn new skills, and it’s our responsibility to keep up with learning new skills. Also, it’s a great place to carve a niche for yourself and set yourself apart from the crowd. If you are interested in presenting, be proactive about approaching a doc student or faculty member if they share your interest area. No one is going to hand you anything, but if you want it, go after it and it will be yours.

If you could travel any place in the world where would it be?

I would have to say Fiji. It just looks like the most beautiful place on earth and I am scheming ways to get there.

Seeing as how you just got engaged, can you give any of us some love advice?

Love is real, and your wildest dreams are possible, as long as you’re patient enough. It does require patience to find someone who is compatible with you but it is worth the wait. And if you are in a relationship make sure the person you are with is really and truly your best friend. Lastly, love yourself before you fall in love with someone else.

Adam Miller is a master’s student on the Mental Health Track, who loves black cats and the TV show Lost.
As many of you may be wondering about the ASERVIC conference that was held in Myrtle Beach, South Carolina this past August, I would like to tell you a little bit about my experience there. First of all, ASERVIC stands for the Association for Spiritual, Ethical, and Religious Values in Counseling, and is a division of the ACA. ASERVIC holds a bi-annual conference where a multitude of sessions are offered. Poster sessions are also offered, where both professionals and students can display and discuss current research topics in various areas of interest within the spiritual, ethical, and religious spectrum of counseling. During the conference this year, meditation, breath work, and movement were also interesting areas of counseling that were discussed and shared.

Although there were many great aspects of this conference, one that was very beneficial and interesting to me was the networking opportunity that was available. I thoroughly enjoyed meeting other students and professors from various universities around the country that share an interest in exploring the spiritual component of psychotherapy. This was very useful information for me, as I look ahead and plan to apply to Ph.D. programs with such research interests. It is important to me to attend a school where I know I will have the leadership I am seeking. I believe that for some, spirituality can be a significant component to a client’s healing process. As this is not the case for all clients, I do find it important to be comfortable with accepting our client’s spiritual beliefs, or lack of, and to be comfortable with bringing their spiritual beliefs into the session in order to help them through the healing process.

If you are interested in learning more about ASERVIC, to include how to ethically address your clients’ spiritual and religious domains, visit the website at: http://www.aservic.org/

I also encourage you to attend the next conference in 2012.

(Left) Kristina Nelson pictured next to her poster presentation at ASERVIC.

Kristina is a second year Master’s student in the MFT Track and the new president of CSI. Kristina is also earning a play therapy certificate and plans to continue her education with a doctorate in counselor education and supervision. Her research interests include: trauma, PTSD, and the prevention of Child Sexual Abuse. Kristina is married to the love of her life and has three amazing young boys.

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FASERVIC the Florida Association for Spiritual, Ethical, and Religious Values in Counseling has a new president, UCF’s own Dr. Sheri Dressler.

For more information about FASERVIC visit the Florida Counseling Association website: www.flacounseling.org

CSI New Hope for Kids Thanksgiving Food Drive

Chi Sigma Iota is conducting a Thanksgiving food drive for New Hope for Kids, an organization that works with children and families who are suffering from grief, loss, or life-threatening illness. New Hope for Kids is the philanthropy of CSI and this Thanksgiving CSI hopes to provide complete Thanksgiving Dinners to families receiving services from the organization that cannot afford a Thanksgiving Dinner.

CSI is collecting items or gift cards in the Counselor Ed Suite 322. CSI is looking for specific items to create complete dinners and a list of those items has been emailed out via the Counselor Ed Listserv. For additional questions or to have the list emailed to you, please contact Roberto Katz, CSI Community Service Chair at robertock@knights.ucf.edu.
Meet our Alumni: Patrick Mullen & Meredith Hirshhorn

Article and Interview by: Danielle DeSantis

Graduation can seem like the end of our journey. It can be hard to picture what the future will be like once school is over and careers have begun. The Counselor Ed Chronicles caught up with two recent Alumni, Patrick Mullen and Meredith Hirshhorn, who let us know what life is like “on the other side” for them, as well as offer insight about what they have learned.

Patrick R. Mullen graduated from UCF in May 2009 with a M.A. in School Counseling. Currently, Patrick is working as a school counselor in an alternate education setting at Journeys Academy within Seminole County Public Schools. He works with students who have been expelled for a variety of issues and who range in age from 11-20. Patrick is a state certified school counselor and is in the process of applying for registered intern status in Mental Health Counseling. Additionally, he is the current president of the School Counselors of Florida (SCF), a division of the Florida Counseling Association.

Patrick, what initially attracted you to the counseling profession?

I was originally attracted to counseling because of the opportunity to make a difference. Growing up I had various people in my life that helped me set my feet in the right path. I am hopeful to do the same as a school counselor. The journey called life has steered me into working with high risk youth. I enjoy working with high risk youth because they great potential to succeed in life.

What would you say has challenged or surprised you the most about working in the (school) counseling field post-graduation?

The most challenging and unsuspecting aspect of the job is developing balance. I am the kind of person who doesn’t want to leave with unfinished work. As a school counselor we must learn to set working boundaries and be prepared to leave unfinished work. Also, learning to prioritize task and organize my things to do. Fortunately, I learned how to do this quickly.

Is there anything you could/would have done while in school to better prepare yourself for that challenge?

During internship is where I really handled the first load. Be prepared to be challenged during internship. Realize that once you are out the door, the same pressures are on you. The only difference is you lose the support of classes and professors. Learn how to create balance in your life prior to graduating.

How do you maintain balance in your life and prevent burnout? Any tips for aspiring counselors?

The dean at my school has an expression. “When the door closes in my car, the work day is over”, he said. I work hard to leave work at work. I find and re-find my hobbies and passions to look forward to at home. Also, I have family and close friends who I spend time with. Lastly, spirituality has played a large part of my personal wellness.

Now that you have graduated, how do you stay connected to what is happening in the counseling community (new research, techniques, trends)?

I am involved in professional associations, attending conferences, taking classes as non-degree seeking, and communicating with my peers in all counseling professions. Your peers are your biggest support.

If you think back on your Master’s education, is there a particular moment or time you remember that you feel really helped your development as a Counselor?

I do not know of a specific moment but instead of a natural progression. The counseling program forces you to examine you own beliefs and thoughts. I have grown as an individual as I worked through the program.
Based on your experience in the field, do you have any advice for students currently in the Master’s Program?

I have a ton of thoughts but only a few to say. Connect with your classmates; they are best sources outside of school for referrals and support. Realize that you will finish the program sooner than later, take your time and ask questions. Know that no matter how many classes you take, you will never know everything you will encounter. Enjoy the experience!

Meredith Hirshhorn graduated from UCF in 2009 with an M.A. in Marriage and Family Therapy. Currently, Meredith is working as both a therapist in private practice and as a Safe Schools, Healthy Students Counselor for Orange County Public Schools. Through both positions, Meredith is able to work with a variety of populations including children, adolescents, young adults and adults. She is a registered mental health counselor intern working towards completing her hours to be a licensed mental health counselor.

What would you say has challenged or surprised you the most about working in the (school) counseling field post-graduation?

I will speak from two different directions. The first is private practice. For me the most challenging component of private practice was making sure I set strong boundaries for myself, such as, setting up a pay scale for client’s and sticking with it, ending sessions at the 50 minute mark with time to write up notes, and not answering calls after hours. I continue to work on this each day as there are always new clients testing the limits.

The biggest challenge I face in private practice is the opposite challenge in school counseling. In schools, time is a big issue. When there’s so much focus on academics and FCAT, I needed to learn quickly how to be creative and flexible with pulling students out of class. At the same time, if I had to stay after hours to help students and/or talk with teachers to keep everyone on the same page, then that’s what needed to be done. Flexibility is key to working in the school systems.

Is there anything you could/would have done while in school to better prepare yourself for that challenge?

As far as the school counseling goes, I came from the Marriage and Family Therapy track. I entered the school system with minimal knowledge of RTI, classroom management, etc. To better prepare myself, taking classes in the school counseling program would have helped tremendously. You never realize how much having a strong foundation helps until you start the experience without it.

How do you maintain balance in your life and prevent burnout? Any tips for aspiring counselors?

I cherish the simple things in my life that keep me grounded. Balance is my drive home from work—listening to music and leaving work at work. Balance is me sitting in the sun for lunch. Balance is me sitting down for dinner with my fiancé. The best tip I have is to create daily rituals that are simple and easy to follow for yourself, where you can completely disconnect from work.

Now that you have graduated, how do you stay connected to what is happening in the counseling community (new research, techniques, trends)?

Since graduation, I continue to stay connected to the counseling community by being an ACA member and attending conferences at the local, state, and/or national level. I also have participated in a support group for registered interns where we talk about challenges, techniques, professional goals, etc. I also attend local counseling organizations such as the Mental Health Counselors of Central Florida and the Central Florida Association for Marriage & Family Therapists for continued networking and trainings. As well as, attending more specific organizations geared towards specialty areas, such as the Eating Disorder Network of Central Florida.
(Continued) Meet our Alumni: Patrick Mullen & Meredith Hirshhorn
Article and Interview by: Danielle DeSantis

If you think back on your Master’s education, is there a particular moment or time you remember that you feel really helped your development as a Counselor?

There were many! But one particular moment was counseling my very first client in Practicum 1. The first words out of my client’s mouth were, “You are too young to counsel me.” It wasn’t what I said back that really helped my development as a counselor. It was what I kept doing afterwards. I didn’t allow it to stop me from doing what I love. It only empowered me.

Based on your experience in the field, do you have any advice for students currently in the Master’s Program?

Whether you have 1 year, 2 years, or 3 years left in the program, or will forever be a lifetime student, it’s never too late to get involved in advocating for your counseling profession. If you see a need, area of interest, and/or a research opportunity in the program, make contacts and discuss ideas and plans. Remember how the Counselor Ed newsletter started off (a meeting, a pad of paper, and 3 willing people to take on the challenge)—and look how it has remained across semesters…

UCF Allies Program
Article by: Michelle Warren

It is nice to think that there is an abundance of support and recognition for those that identify as gay, lesbian, transgender, bisexual, or questioning within our campus on UCF. Unfortunately, there still exists much hatred, stereotyping, pigeonholing, and a large lack of support for the community. One constructive way students can increase support is by joining the Allies program. It is the program dedicated to the recognition of the population and empowerment for beings to simply ‘be’ who they are without judgment and unjust negative thoughts and actions against them. One doesn’t have to be classified as lesbian, gay, bisexual, transgender, or questioning to become an Ally. Straight students, faculty, and staff are strongly encouraged to join in support for the liberation of oppressed and outdated notions regarding the populations.

Allies join by attending an educational workshop entitled ‘Advance’; this workshop enlightens the attendees about such notions as homophobia, oppression, coming out, heterosexism, and responsibilities as well as the benefits of being an Ally. Students who attend the workshop are a powerful force through education and knowledge; anyone that has questions concerning the populations can ask an Ally and get a detailed, knowledgeable answer, so as to combat negative thoughts and actions. After attending the workshop, Advance attendees will be able to sign a pledge that confirms that they are part of the Ally program. The workshop is 2 ½ hours long, and there are 3 Advance programs each semester, which are listed on the website, http://counseling.sdes.ucf.edu/?id=diversity_advances/. The next Advance is October 18th at 4.00 PM, and to sign up for it, contact Zhaleh Mostofi at zmostofi@mail.ucf.edu.

Students can also become speakers or advocates for the equality and rights of those in the GLBTQ [Gay, lesbian, bisexual, transgender, questioning] community. By becoming involved with Allies, students can provide a voice as well as display that they are a safe source for the GLBTQ community. By banding together, students can also combat negative views of the community with knowledge and solidarity. For more information, visit the Allies website.

Michelle Warren is a second year Master’s student in the Marriage and Family program and is CSI’s Social Chair. She enjoys the finer things in life, like her dog, peanut butter, the Redsox, and Starbucks.
Meet our Faculty: Dr. Butler

Article and Interview by: Amy Whelan

Dr. Butler has been a professor at UCF since 2007 and began his position as faculty advisor for Chi Sigma Iota in 2008. Prior to UCF, Dr. Butler was the faculty advisor for Chi Sigma Iota’s chapter at the University of Missouri at St. Louis for five years. He received his PhD from the University of Connecticut. In addition to teaching Introduction to Counseling, Multicultural Counseling, and Practicum, Dr. Butler is also involved in mentoring through the Legacy and McNair Scholars Program.

What is your favorite guilty pleasure to indulge in after a long day of work?

It’s probably sad to say this but I’ll go home and I’ll turn on MSNBC. I try to work out so I can eat whatever I want but my favorite things to have are fresh lemonade (from Chick-fil-A) and I go to Sonic now for the fresh fruit lemonade, especially during happy hour. When I’m really feeling it, I’ll have Oreo ice cream.

What areas of research do you have the most interest in?

In terms of research right now, it’s always been in multicultural issues working with African American males especially. Right now, I’m looking at some spirituality and ethics in counseling as it relates to how students refer out clients as well as mentoring. That’s pretty much what’s going on. My goal in research has been to build a mentorship program for youth and I’m in the realm of looking into that as well.

Everyone knows you’re a man of style. If you could choose one article of clothing that best represents yourself, what would it be and why?

I have one shirt that I don’t necessarily wear a lot but it has Sylvester the cat on it, which is my name, so I get a kick out of wearing that. I’d call myself casual chic.

You’ve just found yourself stranded on a deserted island and there’s one book that you can read over and over again until you’re rescued. What’s the title of this book?

If it were a book for pleasure it would be the Bible. You can read through it over and over again and learn new things.

Name the next chapter on the Table of Contents in the life of Dr. Butler.

I am about to become the director of a satellite clinic here for UCF at Evans High School opening in 2012. In the meantime, I’m in the process of developing the clinic that’s going to be utilized by high schoolers during the day and by those in the community during the evenings and on weekends.

If you could relay a message to incoming master’s students during orientation that would be equally as beneficial to graduate students on graduation day, what would it be? (Other than “Trust the process”…) I truly believe that students come into this program raw or should come into the program raw. I only speak for myself when I say this, I believe that students are going to come in and they’re not going to be very good. I would say they’re usually going to suck. Right? We know they’re going to suck already, so our role is to make them less sucky. On graduation day they’re able to reflect back on the process through the whole thing and realize that where they started is not where they ended. We’ve truly gotten them through a process where they can go forth because we’re hopefully creating lifelong learners.

Amy Whelan, CSI’s Membership Development chair, is a Mental Health Counseling student in her second semester of practicum. Her areas of interest include trauma and substance abuse. Amy also makes a wish every time she sees the clock display 11:11.
Opportunities Abroad: Ways Counselors Can Make a Difference

Article by: Paige Wright

As students in graduate school, generally approaching our mid- to late-twenties, we find ourselves feeling blessed and empowered with the knowledge we have gained since first starting this Counselor Education program. Upon graduation, Master’s degree in hand, we feel so enchanted with this knowledge that we cannot wait to unleash our freshly learned counseling skills and techniques on the world. Our opportunities seem endless – continue school for a doctorate, get a job with the agency we interned at, start our own private practice – eventually get licensed. However, for many young adults and post-graduate students, we find ourselves wanting to pack up our skills and techniques on the world. Starting this Counselor Education program, volunteering in Africa, helping a diversity of populations. New Generation offers unique individuals.

The Peace Corps has been recruiting volunteers since 1961 to volunteer their time in less-developed countries. Today, these volunteers serve in 77 countries in Africa, Asia, the Caribbean, Central and South America, and the Middle East. They offer six program areas, which include education, youth and community development, health, business and information and communications, agriculture, and environment. Areas in which counselor’s skills may be needed include special education and youth development.

In the special education program, volunteers work with host country teachers, government staff, and individual caseworkers to share the latest knowledge and methodology to better serve people with special needs and their families. Volunteers may work with a therapist in a community organization or governmental agency, or instruct students in a school setting. According to the Peace Corps website, individual casework includes conducting assessments on children, working with an appropriate therapist to assess and treat children, and conduct workshops for families and professionals. In the youth development program, volunteers could be assigned to a government agency, community-based youth center, or school center to work with parents, teachers, and youth in an effort to motivate young people to become positively involved in family, learning, work, and community.

Over the past several years, there has been an increasing interest in volunteering in Africa, helping a diversity of populations. New Generation is a non-profit organization that aims at caring for street children - children who are living on the streets due to a multiple of poverty-related issues, including war. According to www.streetaction.org, street children are at a high risk for sexual abuse, rape, sexual exploitation, hunger, violence, and disease. Many turn to substance abuse as a way of escaping their reality. With New Generation, volunteers are able to offer leadership trainings to children and adolescents (generally from ages 14-21) and provide street children with homes, education as well as re-integration back into their communities.

Another opportunity for counselors to help in Africa is with a school in Gulu, a town in northern Uganda, called The School for War Affected Children. The school, as its name implies, helps children that have been affected or abducted during the twenty-five year war that took place there. Some children had been abducted for one month, while others were held for nine years. All of these children have had to kill at one point and all have suffered a series of serious trauma. This boarding school houses about 600 students, all of whom have lost their families in the war, and the school is only staffed with two trained counselors. The counselors here are able to work with these students by using forms of art therapy and, more specifically, narrative therapy. Children are able to write about their experiences in hopes of learning to cope with what they have witnessed. The School for War Affected Children is desperate for volunteers who are trained in counseling to assist the staff and teachers and train them in areas of counseling as well.

As counselors, we are consuming with a desire to help. It’s a passion that has been instilled in us long before we saw Julia Roberts seek inner peace in Italy, India, and Bali in her movie, “Eat, Pray, Love.” It’s an attempt at completing our own personal bucket list and reaching self-actualization. We are being given valuable training that is beneficial in all parts of the world, not just in the state we hope to get licensed in. These are only a couple of options that can allow counselors to use their education as a means to experience the world while gaining the chance to help some unique individuals.

Kyle Jessop, Regional Recruiter
kjessop@peacecorps.gov
www.peacecorps.gov

New Generation
Burundi, Africa
http://streetaction.org/new-generation

The School for War Affected Children
Gulu, Uganda
Kimberly Lynch
kimmykim7@gmail.com

Paige is in her fourth semester in the Counselor Education program on the mental health track and is CSI’s Co-Public Relation’s Chair. She enjoys live music, bodies of water, vintage things, and her pup, Lola. Also, Paige has a twin brother named Hunter. No, they do not look alike.
As graduate students, I think it is very common for some of us to feel disconnected from UCF as a whole. Many of us did not attend UCF for our undergraduate education and many have taken years off between graduating with our Bachelor’s and returning to this program. I feel these factors, among others, contribute to feeling both disconnected from the university as a whole, but also contribute to the underutilization of University services.

I personally spent my first two semesters rarely venturing past the Education Complex and Teaching Academy. I had never used the library and I couldn’t tell you where the Student Union was located. I felt, at that time, that there was nothing that UCF could offer me. I had the misconception that all campus programs or services were for freshman or underclassmen and I wouldn’t be interested in them. While that is partly true, UCF has a lot to offer that us as graduate students can take advantage of.

I’d like to share some that I have discovered and also emphasize that this is not everything, I am continuously learning about programs and services UCF offers that interest me.

UCF Wellness Center
Phone: 407-823-5841
http://www.hs.ucf.edu/wellnesscenter/index.html

Admittedly, I’m a little biased because I now work for the Wellness Center, but when I interviewed I was amazed to learn about the services they offer. A couple services offered by the Wellness Center I think would be particularly interesting for counselors-in-training:

CHAMP & CHAMP +
(Comprehensive Health and Motivation Program) are designed to evaluate fitness and life style factors and help participants set planning steps to reach those goals. It’s free and the optional CHAMP + provides up to 8 weeks of support, access to a nutritionist, and a meeting with a personal trainer to develop a workout plan.

BioFeedback
I’m currently utilizing this service myself and I can’t say enough good things about it for people that have difficulty relaxing. The sessions teach relaxation strategies such as diaphragmatic breathing while hooked up to instruments that measure things such as muscle tension and heat rate. I feel that the skills I am learning will be things that I can teach my future clients to help with symptoms of anxiety. Sessions are $10 each up to 6 sessions.

Student Union Free Printing
Downstairs in the Student Union there is a print lab sponsored by SGA that allows students to print up to 20 free copies a day. This has been a savior for me when I have had to print handouts for class or a long syllabus.

Victim Services
Phone: 407-823-2425
http://victimservices.ucf.edu/

In a perfect world, no one would need to utilize Victim Services, however things do happen and it is comforting to know that Victim Services can help. Victim Services has a 24 hour Advocate that can be reached by phone at all times.

What I did not know about Victim Services is that they will come and assist the victim in the event of a crime, even if the crime does not happen on campus. They can act as a liaison between the victim and the police, put the victim in touch with appropriate resources, and educate victims on their rights so they can make informed decisions.

Student Legal Services
Phone: 407-823-2538
http://sls.sdes.ucf.edu/

I haven’t had to use this service, but I do like knowing it is available to me. Student Legal Services offers free advice on certain legal issues such as: Landlord/tenant problems, traffic violations including DUls, simple wills, name changes, bankruptcy, and a few others. They don’t do anything too complicated and they don’t cover court costs, however for simple issues, using this service could save money and time.

I certainly didn’t cover all the UCF services that are useful for graduate students, however I hope that this article has inspired you to take a closer look at some UCF services.
Counselor of Education students begin the program carrying, among other things, a bag full of experiences; some shared and others unique to the student. The shared experiences can provide us with a sense of belonging and the unique experiences provide each of us an opportunity to learn from one another. Each individual also possesses many subcultures shaped by these experiences. Age, sexual orientation, and political views are all subcultures. One subculture, perhaps under the radar of many others, is that of being a parent. What are the shared and unique experiences of a parent in this program? The authors “adult-napped” three parents (Kristina Nelson, Sarah St. Germain, & Joseph Graham) from their fatherly or motherly duties long enough to provide a snapshot of what it looks like to be a parent in the Counselor of Education program. What follows are their candid answers.

Kristina M. Nelson
Marriage and Family Therapy
Three Sons: ages 4, 6, 7

How do you handle it all? Where does your support come from?
I find strength in my spirituality and religiosity. I attend church at least once a week and pray every day. I have a very supportive husband. One of the ways we keep our marriage fun is by being “Smart A’s” with each other. Lastly, I create a calendar to live by.

Where does your motivation/perseverance come from?
Life is full of challenges, but we make the choices on how to address those challenges. Personally, I try to make the negative into a positive and learn from it. Professionally, I want to make the difference in other children’s lives so that they do not have to deal with the challenges I faced.

I never thought this program would be so…
…disappointing. I felt like I wasn’t being challenged during the first semester.

Sarah St. Germain
School Counseling
One Daughter: age 19 months

How do you handle it all? Where does your support come from?
I draw my main support from my husband. I have a great supportive network that live close by including my mother, my husband’s mother, and grandparents.

Where does your motivation/perseverance come from?
I am never bored. I always find myself wanting to accomplish something; a desire to do something. This program allows me to be passionate about my academic and professional accomplishments while continuously learning something new.

I never thought this program would be so…
…personally rewarding. I feel like I have something for myself; something fulfilling.

What advice can you give other parents in the program?
Try not to get caught up in the day to day monotony in trying to get stuff done. Remember that the time spent doing these tasks pale in comparison to the time you could be spending with your children. (Cont. next page)
(CONTINUED) Dual Roles: Counseling Student & Parent
Article and Interview by: Michael Maddock and Kristen Johnson

(Continued from page 9) Treasure those moments with your kids regardless of how busy you are.

Which populations are you interested in?
My interests lie with ESOL students. From my experience with working in schools, I notice that these children are somewhat neglected. I understand that there would be a language barrier, but I would like to use play therapeutic techniques to bridge that gap in communicating with my clients. I’m also interested in working with children of divorce. I’d like to be able to run a group with children of divorce at some point in my career.

What is your theoretical orientation?
I did not begin establishing a theory early on like some other students. Currently, I tend to lean towards humanistic theory. I truly believe in the good of people. I think that most of us have the strength within us to accomplish our goals. I also am interested in applying solution focused and existential theory with my clients.

Joseph Graham
Mental Health Counseling
One Daughter: age 4

How do you handle it all? Where does your support come from?
Most of my support comes from friends who enjoy taking care of my daughter. It is not like they are babysitting; it is more like they’re hanging out.

Where does your motivation come from?
My motivation primarily comes from within. I have always been a very self driven kind of person. I always like to have goals for myself. Of course, having a daughter keeps me motivated to create a better life for the both of us.

I never thought this program would be so...
...experiential. It has been a lot of personal growth, not so much like the classic study-learn-regurgitate formula, but an actual personal growth of absorbing information and making it a part of yourself as a person and as a professional.

What advice can you give other parents in the program?
Schedule everything. Schedule fun, sleep, time with children, time to yourself, time for school work, and time for work. Schedule it all.

What populations are you interested in?
My experience is with children and that’s a blast. I like to set goals for myself; things that are challenging. So, I have been thinking about working in the prison system. I know I have a thick skin and I don’t really need that validation of client appreciation. But I feel like I can reach that population where people haven’t been very effective or want to work with them at all.

What is your theoretical orientation?
I’m philosophically existential, but I think when it comes to practicality I tend to lean more towards cognitive behavioral. Our profession is driven by immediacy now-a-days; managed care and things of that nature. Not necessarily a quick fix, but I think clients want to leave their managed care feeling like they’ve accomplished something. If clients were to only receive therapy from a purely humanistic or existential approach, they may leave the session thinking, “Yeah, he was a nice guy, but what was that all about?”

Michael Maddock, CSI Fundraising Co-Chair, received his B.A. in Psychology at UCF and is currently pursuing his master’s degree on the Mental Health counseling track. His main client population interests lie with victims and perpetrators of children and adolescents involved in physical, sexual, and emotional trauma. He has worked with Children’s Home Society of Orlando under the DCF as a Case Manager and as a Youth Child Care Worker. For the past four years, he has been working on a privately funded research project, supervised by Dr. Randy Fisher. He hopes to apply his education and work experience to better the future of Chi Sigma Iota, its members, and its cohorts. Additionally, Michael does a mean Stitch impersonation and can wiggle his ears.

Kristin Johnson, CSI Social Co-Chair, received her B.A. in Psychology from Florida Gulf Coast University. Kristin is in the Mental Health Track, her favorite color is blue, and she has pet mouse named Meatball.
Faculty & Student Accomplishments

National & International Referred Publications


Hagedorn, W. B. (accepted). Utilizing therapeutic letters to navigate resistance and ambivalence: Experiential implications for group counseling *Journal of Addictions & Offender Counseling*.


Hagedorn, W. B., & Young, T. (accepted). Identifying and intervening with students exhibiting signs of gaming addiction and other addictive behaviors: Implications for professional school counselors. *Professional School Counseling*.


Awards

Dr. Glenn Lambie

2010 Scholarship of Teaching and Learning Award (SoTL), University of Central Florida.

2010 Teaching Incentive Award (TIP), University of Central Florida

2010 Research Incentive Award (RIA), University of Central Florida.

2010 Excellence in Graduate Teaching Award, College of Education, University of Central Florida.

Matthew Munyon, Doctoral Student

Emerging Leader, Southern Association for Counselor Education and Supervision (SACES)

Emerging Leaders Program, selected via regional nomination process, 2010

CACREP Team Visitor, Council for Accreditation of Counseling and Related Educational Programs (CACREP), Accepted for Member and Training, October 2010

Co-Chair, UCF Counseling Conference, College of Education, University of Central Florida, 2010-2011

Treasurer, Counselor Education Doctoral Student Organization (CEDSO), College of Education, University of Central Florida, 2010–2011

Invited & Keynote Presentations


(Continued) Faculty & Student Accomplishments

Refereed National & International Presentations


Gutierrez, D., & Hagedorn, W. B. (2010, October). ASERVIC’s competencies for addressing spiritual and religious issues in counseling. Program presented at the state conference of the Florida Counseling Association, Miami, FL.


Upcoming Events!

Chi Sigma Iota Events

The New Hope for Kids Thanksgiving Food Drive
See Newsletter page 3 for more details
October 1 - November 17
http://newhopeforkids.org/

Walk now for Autism Speaks: Orlando
November 13
http://www.walknowforautismspeaks.org/faf/home/default.asp?ievent=347655

Conference Events

Southern Association of Counselor Education & Supervision
Williamsburg, VA: October 28-30, 2010

European-Branch of the American Counseling Association
Heidelberg-Wiesloch, Germany: November 4-7, 2010

UCF Counselor Education Conference
Orlando, FL: February 18-19, 2011